

The Spiritual Feng Shui newsletter  
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Good Things Come in Small Packages! Using Small Objects to Maximum Effect

Q&A: Listen Carefully – Small Sounds Huge Benefits!

Also:

Feng Shui Tip  
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for March 2012! This month we think about that old saying about good things coming in small packages! As Feng Shui practitioners we know and appreciate the value of all objects around us, so we will look at this issue more closely for our own homes. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in May!

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Enjoy!

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## **Main article: Good Things Come in Small Packages! Using Small Objects to Maximum Effect.**

Some of the most joyful things are found in small parcels – a delectable chocolate in a tiny box, a gorgeous diamond ring, a newborn baby snuggled in its mother's arms! You've heard it said many times before no doubt, but there is a great deal of truth in the good things in small packages scenario for Feng Shui practices. And we're not necessarily talking about candy or flashy jewels here!

### *Small Doesn't Mean Insignificant!*

Despite common belief, we all know Feng Shui is not just about decorating your home with a few shiny red Chinese-type ornaments! One of the most discussed items in Feng Shui is crystals – they are small, but very powerful when used correctly. There are a number of things to remember when using crystals to ensure their maximum impact.

### *Controlling Chi*

The most fundamental of all Feng Shui practice is controlling the element of Chi – not too much, not too little, not too fast and not too slow. Crystals are the perfect small powerhouse to aid with this! Having crystals located in the home at strategic locations will help maintain a good balance of Chi. Their versatility means that if there is stagnant energy, the crystal picks the energy up and spread it around. The opposite is true for situations with too much energy.

### *What Should My Crystal Look Like?*

The optimal crystal for correcting your Chi should fall within the following parameters:

- *Small:* Feng Shui crystals are usually about an inch wide, but can be even smaller.
- *Symmetrical:* Spherical or at least symmetrically cut crystals will pick up and distribute Chi evenly, rather than exacerbating your Chi flow problem
- *Specially cut:* Feng Shui crystals are specially cut for the most powerful and efficient distribution of energy. Uncut crystals are natural and beautiful, but they tend to store dormant energy so are not as effective.
- *Pre-strung:* You don't want to have to bore a hole in your crystal by yourself!

These small crystals can be very beneficial for a small or difficult space – not just in your home with sharp corners or a study nook or attic bedroom. Think of all the other places where you spend your time – a cramped office cubicle, a small corner of your local gym, your car? A tiny crystal whether there permanently or just hung temporarily while you use the space will make an enormous difference to the energy flow.

### *See Beyond The Clear Crystal*

The most commonly used crystals in modern Feng Shui practices are clear, however there is a huge variety of colors to choose from, each with its own energy and association. Here are a few examples:

- Feeling like you need a financial boost? Jade is extremely precious in Asian cultures to protect from harm and evil spirits and also encourages financial prosperity.

- If you are seeking a calming influence amethyst encourages a meditative, reflective nature, allowing Chi to flow in a spiritual pattern.
- Looking for love or wanting to build on an existing relationship? Rose quartz is associated with passion and romantic love.
- Those with an illness may find turquoise helpful, as it is valued for its healing powers.
- Or if you are generally tired and fatigued, carnelian promotes the vigorous flow of energy within individuals who might be feeling run down.
- For the procrastinators out there, tiger's eye helps people gain a stronger focus on the tasks at hand!
- And finally if you are glass half empty type of person, then onyx is said to impart protection against negativity!

### *Get Those Crystals Working For You!*

So now you have your crystals what can they actually do for you? They are especially useful for imbalanced Chi – it won't matter if it is too aggressive or too stagnant, a crystal in the right place will promote the ideal energy flow.

- Hang a crystal in your office and feel the enormous benefits – it is much easier and more effective, not to mention more practical than re-organizing furniture, which you probably are not able to do anyway!
- A crystal at the top of a staircase will slow down the energy.
- A dark, lonely corner can be brought back to life with a crystal.
- Invite energy into a stagnant room by placing a crystal in front of the window.
- Soothe harsh corners with gentle energy flow.
- Decorate while also providing optimum energy flow in your dining room with a crystal chandelier.
- A chunk of cut crystal can be placed on a bookshelf, dresser or side table to enhance the room's energy.

Spaces – big or small - with difficult energy, needn't be an issue any longer with your Feng Shui crystals at hand to rectify any imbalance. Just remember to follow these suggestions and be creative with your crystals for perfectly flowing Chi!

**Q&A: Listen Carefully – Small Sounds Huge Benefits! I often see wind chimes being sold as Feng Shui accessories in gift stores – is this true or another gimmick?**

Sadly the correct practice of Feng Shui is sometimes tarnished with any number of gimmicks being advertised as ‘cures’ or ‘quick fixes’ for Feng Shui that will ultimately lead to fame and fortune. If this were the case then none of you would have any requirement to read these newsletters! You’d all be off enjoying the sunshine on your own tropical island paradise! Jokes aside, wind chimes are not just another gimmick. There are great benefits to be had from wind chimes and other tools, if used correctly.

*A Much Loved and Useful Tradition*

So despite the proliferation of wind chimes in stores in recent times, they are actually a much loved and traditional way of inviting Chi energy to flow optimally throughout a space. Hanging a wind chime or bell or any other sound maker near a window or under the eaves of a roof will be very beneficial for that space. While it creates a peaceful atmosphere and is lovely to listen to, the wind chime also disperses energy.

*Bring on the Adventure!*

Due to their melodic nature and ability to attract energy, as well as disperse it, sound makers like wind chimes are often associated with new beginnings and new horizons. The freshness of their sound also makes one think of opportunity. If you want to encourage adventurousness into your life and your home, then simply hang up a music maker.

*Aesthetics Combined with Functionality*

While sound catchers are pleasing to look at and listen to, their function will change depending on where they are placed. Also consider carefully before purchasing one:

- Choose one whose sounds appeal to you the most – there is little value in a wind chime that irritates you with its sound every time the wind blows!
- Match the music maker to the location – outdoor ones belong outdoors! A delicate chime might look and sound beautiful, but it needs to be able to withstand wind and rain if you put it outside.
- Look for a set of wind chimes or bells decorated with cut crystals for a double dose of effective Feng Shui cure!

*Effective Without Sound*

An alternative to a wind chime is a wind dancer or any item that moves in the wind like mobiles, windsocks or weathervanes. To increase their power, choose one that is attractive to you. They are energizers and useful in spaces where Chi is stagnant, such as:

- A corner of your home that doesn’t receive much attention, especially near a window.
- Your yard or your porch to rebalance the Chi flow throughout your property.
- The front lawn or rooftop – as a general energizer.

*Target Specific Guas*

Wind dancers can be used to target specific life categories you may wish to focus on. Select mobiles, weather vanes or windsocks in shapes, colors and sizes that relate to

specific Guas or match the wind dancer to the element you wish to strengthen:

- Fire element – choose a mobile featuring bright oranges and reds.
- Water element – select a blue colored mobile.
- Wealth Gua – choose a blue, black or purple wind dancer with flowing, water-like shapes
- Love Gua – Choose pink or red toned mobiles mounted on wood

### *Feng Shui Tip: Carrying Crystal With You*

Now we are not talking about the best crystal glassware you keep in the top cupboard for special occasions, not the gorgeous chandelier you have hanging in your dining room! We are of course talking about jewelry. One of the nicest ways to keep positive energy around you is through crystals you can carry with you every day.

We are not suggesting you rush out the most expensive type of jewelry available, as with all our tips The Spiritual Feng Shui recommends a common sense and practical approach. If you are a person who enjoys wearing a necklace or earrings, or even a ring or a bracelet, then you could consider choosing something with faceted crystals to get full benefit of their energy levels.

When making your selection remember the other Feng Shui principles and choose a nicely balanced piece of jewelry made with natural materials. There is little value of a beautiful crystal that is strung around your neck on a plastic cord! Also think about the colored crystals we discussed earlier – rose quartz for love, jade for prosperity, amethyst for protection and calm.

Finally, if jewelry is not for you, why not carry a small crystal in your pocket instead? A small pouch with a Feng Shui crystal inside will be just as effective as the one you may choose to display on your body.

### *Inspirational quotes:*

"In this life we cannot do great things. We can only do small things with great love" ~ Mother Teresa

"A smile is an inexpensive way to change your looks" ~ Author unknown

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” ~ Leo Buscaglia